

# Our Bodies, Our Minds

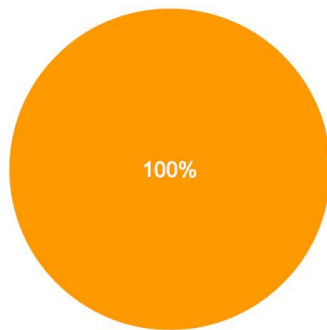
## Post-Workshop Evaluations

Kennebec Valley Community College  
March 13, 2019

Number of attendees: 15  
Number of evaluations: 14

In your opinion, did this event create awareness of the mental health impacts of sexual violence?

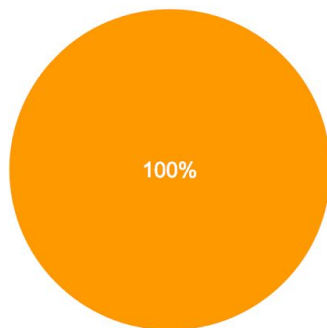
14 responses



- Not at all
- A little
- A lot
- I don't know

In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

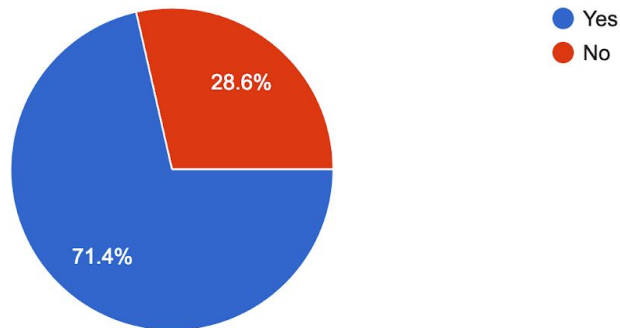
14 responses



- Not at all
- A little
- A lot
- I don't know

## Did you learn about new resources relating to mental health and sexual violence?

14 responses



### What were the introductory activities (moving around the room, making sculptures) like for you?

Initially this was uncomfortable but very powerful  
 Awkward - I'm an introvert :)  
 I enjoyed it. Helped me get comfortable with people around me  
 Keeps audience involved  
 Awesome!  
 A little stressful at first, but ultimately a good way to experience empathy  
 I wished there was more room  
 Great interactions  
 Uncomfortable at first but the facilitator made us feel at ease  
 At first uncomfortable, but I got into it and learned about myself more  
 Inspiring, though I could not do them very well due to my neuropathy  
 Different, provided new insight

### What were discussing the monologues and doing the scene exploration like for you?

Excellent  
 Helpful to see other points of view  
 Helped me understand different perspectives  
 Helpful

Insightful, eye-opening  
Very meaningful. A bit triggering, but again, powerful  
Emotionally moving  
Difficult to not be triggered by my own story  
Powerful  
Enlightening  
Eye-opening to hear others' opinions and viewpoints - putting myself in others' shoes  
They were more real (hit home) than reading a story. Scenes are more difficult to dismiss as unreal  
Made me see different sides of the stories, new possibilities

### What was the panel of speakers like for you?

Excellent  
Helpful  
I respected them. Very grateful for them  
Really insightful  
Informative  
They were amazing  
Very powerful hearing from a survivor  
Encouraging and inviting  
Great!  
Interesting  
Touching and real. Also informative  
Very inspiring and informational  
Empowering

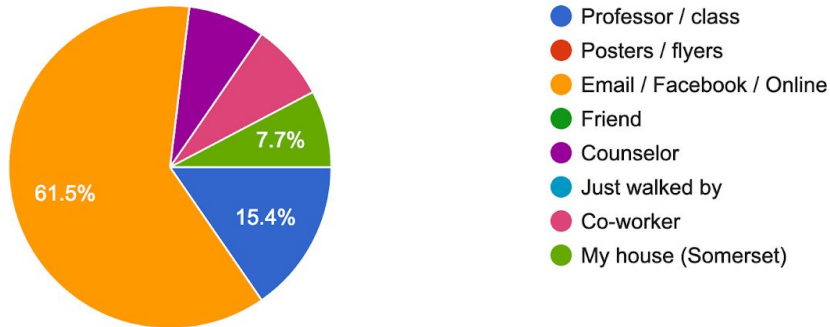
### How would you describe the tone or feeling of the workshop?

Inspiring  
Hopeful  
It was a really good group, really amazing leader  
Positive  
Open, welcoming, resourceful, friendly environment  
Fantastic!  
Safe space  
Supportive and working together, teamwork  
Relaxed and comfortable  
Hopeful  
Welcoming, safe, informative, self-aware

One of acceptance, recognition and compassion to make a better world for each of us  
 Serious, spreading awareness, idea that you're not alone

## How did you hear about this event?

13 responses



## What was your main takeaway?

Great awareness  
 I am not alone  
 Educated  
 Empathy and perspective are crucial in any discussion of sexual violence  
 Listen and don't assume  
 Not alone  
 Involving community in how to support victims  
 Listen to people without judgment or trying to fix them  
 To share my story where appropriate and be a support - more people are survivors than I know  
 None of us are alone in our struggles  
 Validate how someone feels, let them know it's not their fault and not alone

## If you were telling a friend about this workshop, you would describe it as:

A great resource for everyone  
 Beneficial  
 Very interactive  
 Really educational and helpful  
 Eye-opening, resourceful  
 Interactive, insightful, helpful

Empowering! Revelatory  
Empowering  
Inspiring  
Informative and interactive  
Eye-opening, important, valuable, safe learning environment  
Non-combative and eagerness to make things better  
Empowering, good knowledge

### How might you use what you learned today?

Gained perspectives  
I use it every day  
To respond to others better if ever needed  
Give advice to others  
I will validate and support and have excellent referral sources now  
Supporting students  
Encouragement to keep going  
In my work  
I'm going to seek counseling for my own past and to find out how I can best support my friend  
A better listener  
I am thinking of getting help, speaking up

### What are the biggest barriers to your community being safe for and supportive of survivors?

Lack of knowledge about what sexual assault is  
Stigma, low communication, low awareness  
Lack of knowledge and awareness  
Stigma  
Stigma  
People not taking the time to listen or taking each other seriously  
Lack of awareness and inadvertent silencing. Not intentional, but not supportive, either  
Ignorance  
Normalizing criminal behavior  
Stigma  
Cost of housing, lack of transportation  
Not enough visibility of events and resources  
Conservative ignorant budget ideals  
Not enough awareness, not seen as a problem

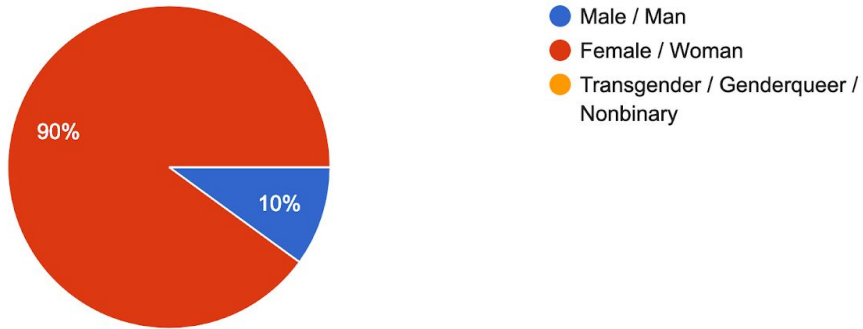
How can we improve this event in the future?

It's amazing. More events!  
 I thought it was done well  
 It's already so good! :)  
 Maybe a chance to introduce ourselves  
 Include Thomas College  
 I wish more people took the opportunity to participate  
 More visibility about event happening  
 Get more people to come

Major	
PTA	5
Radiology	1

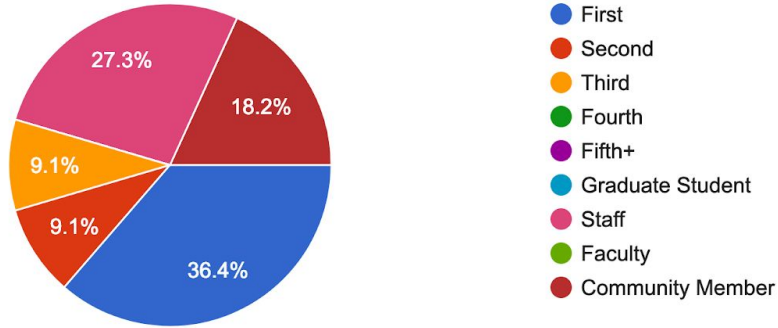
Gender Identity

10 responses



### Year

11 responses



Race / Ethnicity		
White / Caucasian	11	100%